

LUNCH RUSH FEELS THE HEAT
JIXIANG SERVES IT UP SZECHWAN-STYLE {page 20}

DISPUTE COULD KEEP FRK FROM HERD
EX-MOOSE GM DEALING WITH ISSUE {page 21}



IRONIC?
ALANIS SAYS SHE'S PREGNANT (NOT IRONIC) {page 16}



HALIFAX metro®
Thursday, August 12, 2010
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Street. Beat



▶ Jeff Lin, 16, shows off his skills in front of city hall yesterday morning.

RYAN TAPLIN/METRO HALIFAX

Urban arts skills to get showcase

Hopscotch, a celebration of hip-hop culture, will take place between Sept. 4 and 11 in Halifax and will include a b-boy battle, graffiti art and a free show by hip-hop artist Classified. Story, page 4.

Tories blink on census

Threat of court challenge leads to minor changes {page 8}

Council size set for new debate?

Councillor plans to bring motion back for discussion {page 3}

N.S. to buy vests for all guards

- Justice Minister says jail safe despite recent attacks
- Three assaults on guards in five days at local prison
- Vest decision fast-tracked after emergency meeting



ALEX BOUTILIER
@METRONEWS.CA

Despite three separate assaults on guards in five days, Justice Minister Ross Landry maintained the Central Nova Correctional Facility is safe.

"I'm going to look you straight in the eye and say absolutely. This is a safe environment," said Landry. "Are incidents going to occur? Of course ... Do we need to improve? Absolutely."

Landry held a press conference at the Burnside jail yesterday to announce the province will be purchasing around 140 additional stab- and bullet-proof vests for the approximately 440 prison guards working in Nova Scotia.

There are currently 300 of the vests in facilities across the province. Each vest costs $660, putting the total cost of the additional vests just under $100,000.

The announcement came two days after the latest incident at the prison, where an inmate attempted to head-butt a guard.

PHILIP CROUCHER/METRO HALIFAX



▶ A protective vest is held up outside the Central Nova Scotia Correctional Facility yesterday. More, page 3.

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Debate on council size still alive?

Debate over the number of HRM councillors isn't over yet.

At the end of a late-night council meeting on Tuesday, Deputy Mayor Brad Johns brought forth a notice of rescission.

"He intends to bring that motion back to council for discussion and see if there is a willingness to deal with that issue once again," Mayor Peter Kelly said in an interview yesterday.

Johns wasn't available for comment.

"If they agree to rescind the motion then it's pulled back and the motion is open for re-discussion," Kelly said.

Councillors debated the issue for over five hours on Aug. 3.

They were divided on the issue, but voted down motions to reduce their numbers from 23 to 16, 18, or 20.

Coun. Sue Uteck said yesterday she wanted 16, but she doesn't think the number of councillors will be changed.

"I don't see us going anywhere on it. ... I don't see anyone changing their minds."
COUN. SUE UTECK

"I think it's honourable in spirit but this council is fully deadlocked," she said.

"We couldn't agree at 16, 18 or 20, so is 19 the number? It should be dealt with very quickly. I don't see us going anywhere on it."

The motion can be put without debate and Uteck said she expects it to go that way.

"I don't see anyone changing their minds."

The motion will be on next Tuesday's agenda.

JENNIFER TAPLIN

RYAN TAPLIN/METRO HALIFAX



▶ Deputy Mayor Brad Johns

Vest could easily stop a pen: Jail supt.

Stab-proof gear costs about $660 per person ◐ Burnside facility has fewer vests than guards now



ALEX BOUTILIER
@METRONEWS.CA

Justice Minister Ross Landry said yesterday all 440 guards in provincial institutions will have stab-proof vests sometime in 2011.

The vests are currently employed during high-risk searches of prisoners' cells, but are not required in any specific areas of the prison.

The guard captain stabbed at the Central Nova Correctional Facility in Burnside over the weekend was not wearing a protective vest while executing a cell search in the North 1 wing.

The guard was stabbed twice in the abdomen with a pen — a weapon which could be easily stopped by the protective vest, according to prison Supt. Russell Partridge.

3 The number of assaults on guards in the Central Nova Correctional Facility in five days.

According to Landry, North 1 is where some of the most dangerous criminals in the Burnside facility are held.

"We house the more dangerous offenders (in North 1), and as a result of that our staff has to be more cautious and take particular steps," he said.

Landry speculated the guard captain did not feel the vest was necessary for that particular search.

"I think at the time ... it was probably felt that there was not concern at that point, and that's a judgment made. So given that to be the case the outcome is not what we wanted."

PHILIP CROUCHER/METRO HALIFAX



▶ Caroline Hebert, deputy superintendent at the Central Nova Correctional Facility, and Justice Minister Ross Landry hold up a protective vest outside the Burnside jail yesterday.

Jail problems run deep: Critic

Liberal justice critic Michel Samson said while he welcomes the government's decision to provide all 440 prison guards in the province with stab-proof vests, he doesn't think the NDP is addressing the root cause of prison violence.

"As long as we're going to continue to have double-bunking at the Burnside facility, you're going to continue to see major problems," he said yesterday.

"Why wouldn't the jail guards ... in these high-risk areas be wearing them?" MICHEL SAMSON

Samson said the government's decision to axe a new prison facility in Springhill means the province will not have the infrastructure to stop double-bunking for at least two years. ALEX BOUTILIER

RYAN TAPLIN/METRO HALIFAX



▶ Michel Samson

News in brief

Molester to ask for bail

CRIME. The Nova Scotia man convicted of molesting two boys in the 1970s will appear in a Halifax courtroom this morning.



Ernest Fenwick MacIntosh, 67, is appealing his conviction and will ask today for bail at the Nova Scotia Court of Appeal.

He was found guilty last month on 13 charges of indecent assault and gross indecency.

Defence lawyer Brian Casey filed the appeal on July 30. In his submission, he wrote victims said they were abused in MacIntosh's vehicles before 1974, but records show the vehicles were purchased after that date.

METRO HALIFAX

1 news

News on the move

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SpinDoctor on the dying gasps of what's left of the Reform Party. More at metronews.ca/blogs

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Experts worry breakup of giant ice island could wreak havoc on shipping lanes. Scan the code for more.

Fest to celebrate hip-hop culture

Organizers say celebration of hip-hop culture is overdue here

JENNIFER TAPLIN
@METRONEWS.CA

Lay down the beat — a hip-hop festival is coming to Halifax.

The first annual celebration of hip-hop culture, Hopscotch, will hit Halifax in September.

"It's about time Halifax had one," said Drew Moore, festival director, at a press conference yesterday.

"We have a strong hip hop community and a strong urban arts community."

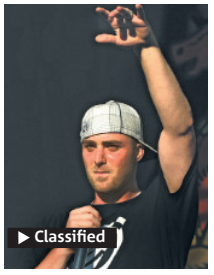
The four elements of hip hop — bboy (breakdancing), MC, DJ, and graffiti — will all be represented.

"I think this is a new way to bring different demographics to the city," said Billy Comer, event coordinator with HRM.

Halifax rapper Classified will play a free, all-ages show on the Grand Parade on Sept. 11. DJ Olympics, a long running event, will join forces with the festival this year.

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Hopscotch


▶ Classified

What's on:

- **Art fest** Hopscotch Art Festival, Sept. 4-11
- **Paragon** Kick-off at the Paragon theatre on Sept. 4.
- **Battle** First national one-on-one bboy battle ever held in Atlantic Canada — 3 Coast Roast — Sept. 11 at Grand Parade.
- **Classified** Free, all ages Classified concert, Sept. 11, 8:30-11 p.m., at Grand Parade.
- **Workshopping** Workshops with judges.
- **Drums** Open drum circles.
- **Show** Circus arts performances.
- **Art** Live public murals to display graffiti art.

RYAN TAPLIN/METRO HALIFAX



▶ Mayor Peter Kelly plays hopscotch outside city hall yesterday following a press conference for Hopscotch, a hip-hop festival that will take place in September.

Baillie stays quiet on possible election run

Tory leader-apparent Jamie Baillie is staying mum on the question of whether he'll run in Cumberland South.

The seat will be vacated some time this year when veteran MLA Murray Scott retires. Scott announced he will retire seat by the end of the year to "allow someone else the opportunity to represent the residents."

Scott endorsed Baillie's leadership bid three days before he announced his retirement.

METRO HALIFAX

Speculation

Baillie talks to Metro.

- **Twitter** On Tuesday, Jamie Baillie told Metro via Twitter the day was about Scott and his family, not political speculation.

RYAN TAPLIN/METRO HALIFAX


▶ Jamie Baillie

News in brief

Busker festival organizers rattle tin cup for cash

FUNDING. Organizers of the Halifax International Busker Festival are passing around the hat for provincial and federal funding.

Kim Hendrickson, the festival's producer, said Monday's announcement by Heritage Minister James' Moore of $22,000 for the festival is "not enough."

"(Twenty-two thousand) is unfortunately not enough for an event of this size to sustain and continue," she said in a release. "In addition, the Province of Nova Scotia had denied funding to this event for the past three years with no explanation."

The festival, now in its 24th year, is listed as a "signature event" by the province.

Hendrickson said the event is "in jeopardy of continuing" without provincial funding.

METRO HALIFAX

Prepare to wait for domestic flights

Expect delays if you're heading out of town on an early morning domestic flight. The Halifax Stanfield International Airport warned passengers yesterday to allow for more time for domestic flights especially those leaving between 6:15 a.m. and 7:30 a.m.

"High domestic passenger volumes have recently created lineups at domestic security," said a release sent out yesterday. "While these lines have been moving steadily, it's recommended that domestic passengers arrive at the airport two hours before their flight time.

METRO HALIFAX

Split Crow to open in Truro

A popular Halifax pub is coming to the Hub.

"We are opening a Split Crow in Truro," owner Damian Byrne said. "The plan at this point would be to open in early September." The new restaurant and bar will be located at 515 Prince St. in downtown Truro.

TRURO DAILY NEWS

METRO HALIFAX FILE PHOTO


▶ Liberal MP Justin Trudeau

Trudeau plans N.S. visit

Justin Trudeau is planning a trip to Nova Scotia next month. The Liberal MP from Quebec intends to visit the Nova Scotia Provincial Exhibition grounds for a fundraising barbecue on Sept. 4 in Bible Hill. Trudeau, the son of former prime minister Pierre Trudeau, will participate in a meet and greet from 5 to 8 p.m.

TRURO DAILY NEWS

Buddhist royalty born in Halifax

DAILY NEWS FILE PHOTO



The king and queen of the Shambhala Buddhist community have a new addition to their family.

Queen Kandro Tseyang gave birth to a girl — the couple's first child — earlier yesterday at the IWK Health Centre.

The girl, a princess, has been given the name Drunko Yeshe Sarasvati Ziji Mukpo, which translates as Lady Dragon Wisdom. King Sakyong Mipham Rinpoche married his wife in a colourful ceremony in Halifax in 2006 (pictured).

A news release says the couple decided to have the birth here because it is their adopted home and the spiritual capital of the worldwide Shambhala community.

"The birth was cheerful, uplifted and free of complications. Both mother and child are healthy and resting well."
DR. MITCHELL LEVY, PERSONAL PHYSICIAN TO THE FAMILY

The Shambhala Buddhist tradition has members in 50 countries.
THE CANADIAN PRESS

CONTRIBUTED PHOTO



▶ A brittlestar was collected during a two-week research mission off the coasts of Nova Scotia and New Brunswick. Scientists and university students returned yesterday morning to the Bedford Institute of Oceanography.

Getting to the bottom of it

- Scientists collect samples to determine the state of the ocean's health
- Research missions like these are expensive and rare



JENNIFER. TAPLIN
@METRONEWS.CA

Using a robot, scientists and university students gathered samples from the ocean floor on a recent two-week mission.

They used ROPOS (Remotely Operated Platform for Ocean Science) to reach depths of more than 1,000 metres to collect samples from the ocean floor off the coasts of Nova Scotia and New Brunswick.

"We're trying to sample different parts of the sea floor because we think they are critical to ocean health. That includes deep water coral and sediment," said Paul Snelgrove, a professor at Memorial University and a lead scientist on the research mission.

The crew, which included a student from Dalhousie University, returned to the Bedford Institute of Oceanography yesterday morning.

It will take two years to analyze the data from the two-week mission, but it will provide the Department of Fisheries and Ocean a better map of what areas are most productive.

And there were a few things Snelgrove didn't expect to see.

"We had a small swordfish, or needlefish, attack and kill a squid, which is something I've never seen before," he said.

"We also saw a whole variety of whales that were hovering around the ship as we were working — sperm, minke, finback, dolphins, and pilot whales."

Expensive

- ROPOS costs $16,000 a day to operate, and the ship costs up to $25,000 a day.
- The data collected will be fed into the International Census of Marine Life, which will be released later this year.
- Research mission was a part of the Canadian Healthy Oceans Network — a collaboration between the DFO and 15 Canadian universities.

BLAZE

Police looking into boat fire

RCMP say they are investigating a suspicious fire on board a fishing boat in Halifax.

Firefighters were called around 12:30 a.m. to the 1200 block of Peggy's Cove Road where the 7.5-metre Leon Robert II was moored and unoccupied 70 metres off shore.

RCMP spokesman Cpl. Joe Taplin says when firefighters arrived they found some local residents were out in small boats trying to douse the flames with buckets of water.

He says a fire boat had to be called in to assist.

It pushed the vessel towards the dock where the fire was extinguished.

Taplin says there were no injuries, although the boat was extensively damaged.
THE CANADIAN PRESS

Accused back in court

A date for a preliminary hearing in the second-degree murder case of a Dartmouth man should be determined later this month. Robert Harris Lamb, 20, made an appearance in court in Antigonish yesterday with the judge setting Aug. 30 as a date to set a preliminary hearing.

Lamb faces a second-degree murder charge in the death of 25-year-old Jonathan Beaton, who is from Southside Harbour, Antigonish Co. Beaton died in hospital in the early morning hours of Jan. 1 after police were called to a brawl at a party in Antigonish. **METRO HALIFAX**

Blueberry harvest begins

The annual harvest of one of Nova Scotia's most important horticultural crops is now under way. David Sangster, manager of the Wild Blueberry Producers Association of Nova Scotia, said wild blueberry harvesting began in western areas of the province last week, while growers in Colchester and Cumberland started on Monday.

Sangster said growers across the province are looking forward to a good quality, average crop of about 30 million pounds or more if weather conditions co-operate during the harvest.
NEW GLASGOW NEWS

Pedestrian hit, driver ticketed

A 15-year-old female suffered non-life-threatening injuries after police say she was struck in a crosswalk by a car at Scotch Pine Crescent at Farnham Gate Road on Tuesday night.

Police say the victim was struck after nearly completing the walk across the street.

The driver of the vehicle, a 45-year-old woman, was issued a ticket for failing to yield to a pedestrian in a crosswalk.
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DOUGLAS NADEAU PHOTO



▶ A Sea King helicopter was forced to land in a residential area in Lower Sackville due to a mechanical problem on Tuesday night.

Precautionary landing

Report will be sent to air force headquarters, but no further investigation is anticipated ◐ Helicopter flew back to its base in Shearwater yesterday

A military spokesman says a Sea King helicopter made a precautionary landing in Lower Sackville after a warning light indicated low hydraulic pressure.

Capt. Paul Finnemore says the three-person crew wasn't hurt when the chopper set down around 8 p.m. Tuesday in a field behind a residential area.

He says while the helicopter wasn't forced down, the crew decided to land at the first opportunity in a safe area.

Finnemore says technicians later found a loose connection in one of the aircraft's hydraulic lines. THE CANADIAN PRESS



Backhoe, Sea Doo among bust loot

Vehicles. Flat-screen televisions. A backhoe. A washer and dryer.

These items are among property seized by a joint RCMP and Cape Breton Regional Police investigation that resulted in the laying of the first organized crime charges in Cape Breton history last week.

Also included was a barbecue, boats, a Sea-Doo, computers and cash.

"We're still assessing that, but it's well over $100,000," Insp. John Ryan, RCMP federal operations support officer, said about a figure for the value of the property.

Base of operations

▶ Most of the group was based out of the Sydney area, and according to police, are not associated with outlaw motorcycle gangs or similar groups. However, they did have contacts in Montreal and Halifax.

The joint force charged 16 people after several searches and arrests last Thursday as part of a nine-month investigation of a group believed to be trafficking cocaine, ecstasy and marijuana. CAPE BRETON POST

Man wounded in head with knife at wharf

A man was treated for a knife wound to the head at the Aberdeen Hospital following a stabbing at the Pictou wharf terminal on Tuesday afternoon.

RCMP Cpl. Mark Kellock said they were notified of the incident by New Glasgow police who received a call from the Aberdeen Hospital around 4:30 p.m.

The hospital said an individual who had been wounded with a knife was being treated.

Police said there were three or four males at the wharf who got into an altercation.

Police believe they know who the individuals are that were involved in the incident, but there have been no arrests made yet. NEW GLASGOW NEWS

Feds funding facelift at Springhill prison

Ottawa intends to spend $17 million to upgrade the federal prison in Springhill.

"The tenders have been called and the work is expected to be completed in 2012," said prison spokesperson Shannon Oickle.

Oickle said the project includes the construction of two new housing units within the prison's perimeter to handle 192 additional inmate spaces.

The project will put a new face on the medium-security prison and represents the first major infrastructure renewal at the institution in several years. AMHERST DAILY NEWS

600

The estimated inmate population following the prison upgrade. The prison presently houses about 390 inmates.

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▶ Liberal MP Bob Rae says the Tories "should just stop digging themselves further into the hole."

Court challenge forces Tories to blink on census

Clement adds three questions on language to survey

The threat of a francophone group's court challenge has forced the Harper government to blink — but it's still refusing to bend on its overall plan to scrap the mandatory long-form national census.

Industry Minister Tony Clement said yesterday the government will add three questions on language skills to the obligatory short-form 2011 census.

Until now, the questions have been part of the long-form census, which the government has decided to turn into a voluntary survey, despite criticism.

$500

Clement said the threat of jail time will be removed for people who refuse to fill out the survey. But they could still face fines of up to $500.

Clement's move was aimed at short-circuiting a court challenge by a francophone group that says scrapping the mandatory nature of the long-form census will violate the Charter of Rights and the Official Languages Act.

The Federal Court set a Sept. 27-28 hearing date for the federation's case.

Liberal MP Bob Rae said the Tories are "scrambling by the seat of their pants" and should just admit they made a mistake.

NDP Leader Jack Layton said he's trying to forge a common front among opposition leaders to force the government to reinstate the mandatory long-form census.

THE CANADIAN PRESS

Who'll buy diamonds steeped in blood?

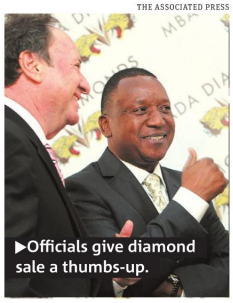
Zimbabwe yesterday began selling hundreds of thousands of carats of rough diamonds with a bloody history.

The diamonds were mined from an area where human rights groups say soldiers killed 200 people, raped women and forced children into hard labour.

Heavily armed police and soldiers guarded top security vaults built at the main Harare airport, where several private jets brought buyers from Israel, India, Lebanon and Russia, officials said

Investigators for the world's diamond control body said last year the gems were mined at the Marange diamond fields by virtual slaves who had been told to dig or die.

THE ASSOCIATED PRESS



▶Officials give diamond sale a thumbs-up.

The gems were smuggled out by soldiers who raped and beat civilians.

Human Rights Watch says children as young as 10 were forced to work up to 11 hours a day in the Marange diamond fields with no pay or reward.

THE ASSOCIATED PRESS

True or false?

Zimbabwe accuses rights groups of "peddling falsehoods" over the diamonds.

1. No estimated value was given for the stones, though unofficial estimates range up to $2 billion.
2. The bounty from the sale would be a massive boost for Zimbabwe's ailing economy.
3. The profit would represent about one third of the southern African country's national debt.

U.K. house is 11,000 years old

Archaeologists have uncovered the site of Britain's oldest house, the waterside home of nomad hunters dating back about 11,000 years.

The dwelling, which had lake views and a thatched roof, was found near Scarborough, in northeastern England.

It predates the country's famous Stonehenge monument by around 6,000 years.

THE ASSOCIATED PRESS

Israeli says activists fired first

More force should have been used to clear a ship's deck before the deadly May raid on a pro-Palestinian flotilla, Israel's army chief said yesterday.

Lt. Gen. Gabi Ashkenazi told an inquiry an Israeli commando was shot in the stomach as he rappelled down to the Mavi Marmara, forcing him to return fire. Israeli commandos killed nine Turkish activists.

THE ASSOCIATED PRESS

Another charge in cancer case

A woman accused of faking cancer and taking money raised is facing another fraud charge.

Ashley Kirilow, 23, of Burlington, Ont., was facing three counts of fraud under $5,000, but Halton police say she is now also charged with one count of fraud over $5,000.

She was in court to continue her bail hearing, but it was adjourned to Aug. 19.

THE CANADIAN PRESS

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▶ Pakistani villagers flee their homes due to heavy flooding in Basera near Muzaffargarh, in central Pakistan, yesterday.

Floods spur Taliban fear

Pakistan deploys 60,000 troops nationwide in flood relief efforts

The floods ravaging Pakistan are generating fears that Taliban insurgents could regroup amid the chaos and destruction. The country's anemic economy is expected to weaken, increasing the poverty that is a factor in the militancy wracking the country.

One of the hardest hit regions is the northwest, the heartland of the Pakistan Taliban. Over the last two years, the army has carried out several offensives against militants there. The U.S. has welcomed the efforts — and launched its own drone strikes because of the threat the insurgents pose to Western troops across the border in Afghanistan.

THE ASSOCIATED PRESS

Attacks

The insurgents have kept up attacks during the two-week flooding crisis, which has left 1,500 people dead and affected nearly 14 million people.

- A suicide bomber killed the head of a U.S.-backed paramilitary police force.
- A gunman wounded the sister of one of the northwest's top political leaders.
- On Tuesday, the Pakistani Taliban said the flooding was God's punishment to Pakistanis for accepting secular leaders and urged Pakistanis to boycott foreign aid.

Superbug makes way to Canada

A single case has turned up in Canada of a person affected by a new gene that allows any bacteria to become resistant to antibiotics, a health official said yesterday.

The case was reported to health authorities in February, and involved a woman who had travelled to India, picked up the superbug and was treated unsuccessfully in hospital there, said Dr. Howard Njoo of the Public Health Agency of Canada.

The patient was eventually transferred to a hospital in Vancouver, where physicians were able to find a combination of antibiotics that would work against this particular bacteria, he said.

The journal Lancet Infectious Diseases carried a report yesterday on the discovery of the new gene, called NDM-1, which alters bacteria, making them resistant to nearly all known antibiotics.

The resistant gene also has been detected in Britain, Australia, the U.S., the Netherlands and Sweden. It's expected to spread worldwide since many Americans and Europeans travel to India and Pakistan for elective procedures such as cosmetic surgery, the researchers said.

THE ASSOCIATED PRESS

Resistant

- The superbug gene, which can be swapped between different bacteria to make them resistant to most drugs, has so far been identified in 37 people who returned to Britain after surgery in India or Pakistan.

OMAR KHADR

Anti-Gitmo officer joins panel

Eight years after a wounded Toronto-born teen was found in the rubble of an Afghan compound, the United States will outline its war-crimes case against him today to seven officers who will decide his fate.

Four men and three women will sit in judgment on Omar Khadr. And one is a U.S. Navy captain who says Guantanamo Bay has been an international black eye for the country.

"Today is one of the very few days that has gone in Omar Khadr's favour at Guantanamo Bay," said Alex Neve with Amnesty International.

THE CANADIAN PRESS

News in brief

Flaming golf balls go flying

KELOWNA, B.C. Instead of yelling "fore!" two teenage golfers should have been yelling "fire!"

That's because they were hitting flaming golf balls into Okanagan Lake in some kind of weird experiment in which they'd first dipped the balls in a mixture of gasoline and Styrofoam.

Police and fire crews were called when the people in the area spotted the golfers Tuesday. THE CANADIAN PRESS

New justice minister named

QUEBEC. Premier Jean Charest has named a former cabinet minister who quit provincial politics as Quebec's new justice minister.

Jean-Marc Fournier, who until this week was working as an adviser to federal Liberal Leader Michael Ignatieff, will replace Kathleen Weil.

Fournier, who does not have a seat in the legislature, has to win a by-election in a Montreal-area riding.

Weil was moved to the immigration portfolio.

The shuffle follows the resignation this week of Public Security Minister Jacques Dupuis, who announced he was quitting politics for personal reasons. THE CANADIAN PRESS

Fires could stir chemicals

MOSCOW. Wildfires threatened to stir radioactive particles left over from the 1986 Chornobyl nuclear disaster back into the air over western Russia, and authorities boosted forest patrols to keep the flames from contaminated areas. THE ASSOCIATED PRESS

TOP 5 MECHANICS
RECOMMENDED BY METRO READERS

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THE ASSOCIATED PRESS



▶ Canada's exports have been falling dramatically.

Trade deficit symptom of new slowdown

U.S. trade deficit also up ◐ Toronto and New York markets fall ◐ Fears grow of double-dip recession

Falling exports and higher trade deficits in Canada and the United States in June are sending a warning that the global recovery is slowing faster than policy-makers anticipated, according to analysts commenting yesterday on the latest trade figures.

Canada's monthly trade deficit came close to doubling to $1.13 billion during the month, as exports fell 2.5 per cent.

Meanwhile, the U.S. recorded its worst trade month in almost two years, as the deficit ballooned 19 per cent to $49.9 billion, and exports fell 1.3 per cent.

$1.13B Canada's trade deficit for June, almost double the deficit in May.

Even China, counted on to lead the world out of the slump, reported yesterday that its industrial rebound slowed further in July, after braking somewhat in the previous three months.

The triple whammy of negative news, combined with a warning from the U.S. Federal Reserve on Tuesday that the recovery was weaker than expected, sent global markets spiralling lower.

The Toronto and New York stock exchanges were both down over 250 points yesterday — more than two per cent — and the Canadian dollar fell more than a cent to 95.67 cents US.

While trade numbers can be volatile, economists say the broader trend line across indicators is pointing consistently downward.

"We're not far from a stall," Brian Bethune, chief economist for IHS Global Insight, said of the U.S. economy. "I don't think we have the ingredients that would normally accompany a double-dip, but certainly we are getting into stall speed." THE CANADIAN PRESS

2ND QUARTER

Rona results disappoint

Rona says it expects to face a slow recovery in consumer spending as the Canadian home-renovation chain continues to experience volatility in the aftermath of the recession.

The Montreal-area company's second-quarter results disappointed analysts as profits increased to $67.8 million or 52 cents per share, up 11.5 per cent from $60.8 million or 51 cents per share a year earlier. Analysts polled by Thomson Reuters had expected earnings of 59 cents per share.

The performance caused the company's shares to tumble and set a new 52-week low of $13.17 on the Toronto Stock Exchange.

President and CEO Robert Dutton said the second-quarter results were affected by the expiry in January of the government's home-renovation tax credit. THE CANADIAN PRESS

China's growth slows again

China's industrial growth slowed further in July as Beijing clamped down on a credit boom.

Inflation spiked to its highest level this year as summer flooding wrecked crops but analysts said the increase will likely prove temporary.

The government data yesterday added to signs China's boom is cooling. THE ASSOCIATED PRESS

Quebecor launches wireless

Quebecor Inc. is stepping up its competitive stance in the telecom and media sectors as it pushes ahead with a new wireless business and the launch of a 24-hour English news channel early next year.

"Obviously, the next big thing is our new wireless launch," CEO Pierre Karl Peladeau said yesterday, after the company reported its second quarter earnings.

He said he expects the cellphone market to be highly competitive with established wireless players like Bell. THE CANADIAN PRESS

Oil prices down as growth slows

Oil prices retreated for a second day yesterday as concern grows over whether consumers will spend more on energy in a sluggish economy.

Benchmark crude for September delivery fell $1.93 to $78.32 US a barrel in midday trading on the New York Mercantile Exchange. THE ASSOCIATED PRESS

U.S. dollar far down against yen

The U.S. dollar slid to a 15-year low against the Japanese yen yesterday, dragged down by the anemic recovery in the world's biggest economy.

The greenback was quoted at 84.71 yen in London, the lowest since 1995. Investors stepped up selling dollars after the Federal Reserve announced additional monetary easing steps Tuesday. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR
- 1.20¢ US
95.67¢

Natural gas
1,000 cu ft
+ 2.9¢ US
$4.326

Gold
+ $1.30 US
$1,197.50

OIL
- $2.23 US
$78.02

TSX
- 256.08
11,582.21

IT'S THE LITTLE THINGS THAT MATTER

He says ...

JOHN MAZEROLLE



Welcome to Advice 101, so called because it was ranked 101st best column in Canada by a team of Internet message board commentators who agree that there should a White Heterosexual Male Day.

Q Hey, John! I hear you're looking for an apartment. As a trained advice columnist, what tips would you give somebody looking for a new place?

A Well, apartment hunting can be a slow and frustrating ordeal, or a rushed and unsatisfying one. The choice is yours.

The first thing to remember is that, no matter what apartment you choose, there's a better apartment that you missed. The best way to deal with disappointment is to brace for it.

Q What are some key signs that an apartment is not right for you?

A One sure sign — and this really happened to me — is you discover that the house number has been drawn onto the door with liquid paper and is still wet.

While the extra effort was appreciated, it changed my prepared questions from concerns like "Is the water pressure strong?" to concerns like "Is there a toilet?"

I still took the tour to be polite, then declined. I like to think the lightbulbs were freshly screwed in on my way over so that I didn't have to fumble around in the dark. It's the little things.

"The ideal apartment would be covered in that non-stick coating they put on frying pans."

Q And what "little things" should one check for?

A Take this checklist with you:

- Are the mice friendly?
- Is there police tape? How much?
- Does the landlord believe that evolution happened in quick spurts? Or steadily over time? Judge him accordingly.

Q What would you consider the ideal apartment?

A I'm a respectful apartment dweller, but I'm a bit of a slob. And by "a bit," I mean I once knocked over a coffee in my apartment and was delighted when it did not spill anywhere because it had hardened into a new invention I call Coffee Flakes. The patent is pending.

So then, the ideal apartment would be covered in that non-stick coating they put on frying pans. There would be a drainage hole in one corner of the apartment and a jack in the other. Once a month I would jack up one side of the apartment and let slide out all of the items that wouldn't come clean, such as the Barcalounger.

If you see anything like this on Craigslist and it's within 500 metres of a bus station, let me know. I'm liquid-paper flexible.

Cartoon

MICHAEL DE ADDER



Low-maintenance loyalty

Letters & Tweets

We asked: What's the better pet — dogs or cats?

TORONTO. Dogs are loyal, cute and can guard a house when you are working all day. Playing a game of fetch is stress relieving and looks cool. Cats ignore you, relieve themselves in a box indoors and are otherwise useless.

I know some people think cats are better as a pet because you have to earn their friendship, but if I am going to work hard on a relationship, it's going to be for human friends and family.

A pet should just be happy to be along for the ride ... it's ok to stick your head out the window.
JASON HARRIS

EDMONTON. @mikeatqazam Dogs of course, they'll actually listen to you. Ever try to get a cat to listen to you? Good luck.

Re: Going, going Ghana (Aug. 4)

TORONTO. I was surprised and at the same time pleased to read this article by Romina McGuinness.

Here is one Western journalist who, unlike several others, sought to portray a few positive aspects of an African country — a far departure from the usual Africa-bashing. Thanks, Romina.
BEN POKU

Man's best friend

DAVID COOPER/TORSTAR NEWS SERVICE



What's your best summer memory?

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Metro Minute at Seaport BeerFest

RYAN TAPLIN/METRO HALIFAX



▶ Enjoy a cold one at the Seaport BeerFest.

Beer lovers, rejoice. The fourth annual Halifax Seaport BeerFest is taking place tomorrow and Saturday with more than 4,000 people expected to attend the two-day drinking extravaganza.

The event will welcome more than 160 beers and ciders from the Maritimes and around the world, along with beer-inspired food.

Tickets move fast, with only 1,500 available for each event. Tickets can be purchased at select Nova Scotia Liquor Corp. outlets, Bishops Cellar and Garrison Brewing Co. for $40 per session or $45 at the door. Session times are Friday at 7 and 10 p.m. and Saturday at 2, 5, 7 and 10 p.m. ● METRO HALIFAX

2 scene

Calder solo album a love letter to mother

Project helped New Pornographers singer deal with mother's illness and death • Plans solo tour next year

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

When most musicians release an album they spend months touring in support of it. But not Vancouver musician Kathryn Calder — she's has no intention of quitting her day job, as a singer in the New Pornographers, to play her debut solo album around the country.

And you can't blame her — when I called her last week she was hours away from playing Lollapalooza with the Pornographers. "It's a pretty big show," she said, a major understatement considering she'd likely be working small bars if she were playing her own record across the country.

She will tour, she says, probably next year, when her main band's hectic schedule relaxes. Until then you'll have to listen to her passionate debut disc, Are You My Mother?, which was written and recorded in the months before her mother passed away from ALS, also known as Lou Gehrig's disease.

While Calder, who also played with Immaculate Machine, had always wanted to write a solo record, it wasn't until her mom got sick that she decided to go for it.

"I don't feel overshadowed in the New Pornographers. Maybe that wasn't the case when I first joined — half the fans thought I was Neko (Case). "
KATHRYN CALDER

"Her illness was a gentle motivation," she says. "I wanted her to hear it because I knew she would really enjoy it. I didn't want to look back and regret waiting."

You might expect the disc to be full of depressing dirges, but it's not. There are some somber tunes — Arrow is a stunning track that's clearly about her losing her mom — but there's also some upbeat power pop numbers like the Pornographers sounding Follow Me Into The Hills.

"It was a conscious decision. I didn't want the record to be all one mood," she says. "I didn't want it to be a sad, dark record. My mom's illness wasn't the only thing that was happening to me at the time — there were some happy moments too."

Clearly, Calder's open about what she went through. She admits that it's been hard to put herself out there, but it's helped her deal with her mom's death.

"Just writing about what was going on helped in some way or another," she says. "In my first interview, which was for my home town paper, I did get teary. But there's no way I could not talk about this — it was so tied into the record. Plus, if it raises awareness of ALS then all the better."

Go your own way



Kathryn Calder is not the only member of a supergroup who has gone solo. Here are a few others:

- **Feist:** She's now famous for her soft, jazz-tinged tunes, but it was as a member of Broken Social Scene and By Divine Right where she got to hone her chops.
- **Scott Weiland:** The drug-addled vocalist will be best remembered for fronting Stone Temple Pilots and singing in Velvet Revolver, but he did try to go out on his own with 2008's Happy in Galoshes.
- **Slash:** Another Velvet Revolver alum, the legendary guitarist has been in and out of supergroups forever. But, unlike Wieland, his 2010 debut self-titled solo disc was actually pretty good.
- **Chris Cornell:** Soundgarden's singer has been in two supergroups — Temple of the Dog and Audioslave. He should have stuck with them; his three solo albums are low spots in his career.



▶ New Pornographers' singer Kathryn Calder has a new solo album called Are You My Mother?

News in brief





A 3-D documentary on the Queen is set to air on CBC next month. The public broadcaster says it will show Queen Elizabeth in 3-D on Sept. 20.
THE CANADIAN PRESS

St. Louis rapper Nelly has joined St. Louis urban station Hot 104.1 as the afternoon drive-time host. Station executives expect Nelly's on-air stint to last for about a month.
THE ASSOCIATED PRESS

Roots miniseries director David Wolper dies at 82



▶ Javier Bardem and Julia Roberts star in Eat Pray Love.

Bardem says working with Roberts in Eat Pray Love 'easy'

If Javier Bardem had to choose whether to eat, pray or love, he doesn't know which one he'd pick.

The 41-year-old actor says all three are important and he wonders why anyone would want to choose just one.

Bardem co-stars with Julia Roberts in the new movie Eat Pray Love, directed by Ryan Murphy and based on Elizabeth Gilbert's best-selling memoir. The film opens in theatres on Friday.

He says working with Roberts was "easy."

Bardem says he was impressed with Roberts' generosity and had fun working with her.

Film fans, not to mention the global media, have been buzzing about Bardem's and Penelope Cruze's secret nuptials in the Bahamas, revealed a few days after the Spanish team won the championship July 11. The couple had known each other since the early 1990s. They became re- acquainted two years ago after starring in Woody Allen's Vicky Cristina Barcelona.
THE ASSOCIATED PRESS

Let's do business and have a cup of coffee

Miguel Angel Abascal and Elsy Balboa know very well how it feels to enjoy a sunset in the main square of Veracruz, with a good danzón (a typical dance) and a great café au lait in La Parroquia (local parrish or neighbourhood), because both came to Toronto from Veracruz, on the Mexican Gulf Coast, but they also know the importance of having a reliable bank at their service.

It is an amazing coincidence that both come from the same place. "Not only do we come from a Veracrucian environment where coffeehouses are the center of social life in a city neighbourhood, we are both familiar with the culture of professionalism and the excellent financial and customer services that Scotiabank offers in Mexico," says Elsy Balboa, Personal Banking Officer at Scotiabank.

With over 177 years of business history, Scotiabank began operations in some parts of Latin America and the Caribbean even before offering its services in Toronto.

"Scotiabank was my bank when I lived back in Mexico, and this bank has always worked for me. From the first moment I walked into her office, Elsy has been very supportive. She keeps me informed about all kinds of developments and she has become my number one financial advisor," says Miguel Angel.

Scotiabank is my ally

"When you change countries, you leave behind belongings and properties. As a newcomer, nobody knows you or appreciates who you are, as they do at home. Everything is so different. That's why it is so important to have a strategic ally on your side. One of my best allies has been the first bank that treated me with such affection and really made me feel at home, that's Scotiabank, of course," affirms Miguel Angel.

Elsy reinforces this point of view, saying: "Scotiabank –as no other bank- has a culture of supporting new immigrants because their relationship goes way back, even before their arrival in Canada to do business, study or live. Offering services that are specially tailored to their needs, we introduce to them the *Scotiabank StartRight*™ Program".

"Thanks to this program, immigrants like Miguel Angel can do their day-to-day banking transactions for a whole year, secure their valuables with a free Safety Deposit Box, and build a credit history with the No-Fee Scotia Moneyback® VISA credit card," explains Elsy.

Coffee time at La Parroquia

Having a solid experience in marketing coffee that is sold and served in the coffeehouse La Parroquia, Miguel Angel is certain that this certified gourmet, organic coffee from Veracruz will have very good success in Toronto.

From the oldest coffeehouse in Mexico dating back to the 18th century, Miguel Angel will not only sell a line of coffee beans from Veracruz, but he will also share with others legendary stories about this kind of coffee and about La Parroquia, a place full of Mexican history, tradition and culture.

Did you know, for instance, that to request a refill in La Parroquia, customers clink the sides of their glasses (not cups) with their spoons? This clinking can be heard from early morning to late at night. The story behind this custom is that a certain trolley driver would ring his bell when he was a block away from la Parroquia to let the waiters there know he was coming. When the driver died, his casket was borne on the trolley and when it passed the coffee establishment, the customers and waiters all clinked their glasses in his honor," confides Miguel Angel.

The reasons for satisfaction, but also the challenges of opening a business in Canada are innumerable, so Scotiabank also offers entrepreneurs like Miguel Angel financial advice and various support services. "Customers only have to make an appointment with a Scotiabank business advisor to receive information on how to start and grow their business," explains Elsy.

"Miguel Angel is a wonderful customer. He has an enviable level of energy and likes to make well-informed decisions. To me, there's nothing more pleasing than being able to offer Miguel Angel the financial tools that will help him settle in and grow his business," concludes Elsy.

Miguel Angel adds: "I recommend Scotiabank because it is a customer-friendly bank that offers personal service and a guarantee of safety. I know that at Scotiabank my money is safe. Now I can just spend my time making new friends and developing my business."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



Miguel Angel Abascal and his imported Mexican coffee products

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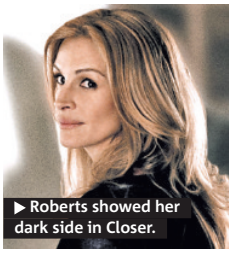
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▶ 2000's Erin Brockovich confirmed Julia's superstar status.


▶ A scene from Pretty Woman


▶ Roberts showed her dark side in Closer.

All these years under Julia's spell

Roberts swept us off our feet with her effervescent role in Pretty Woman and took home the Oscar for Erin Brockovich A look at her top 5 movies

Eat Pray Love allows Julia Roberts to show off the best of what she can do: flash that radiant smile and let loose with that hearty laugh, but also provoke more than a tear or two in emotionally weighty scenes.

An A-lister with irresistible magnetism, Roberts is a movie star through and through but she can also really act, as evidenced by her three Oscar nominations and one win.

Here's a look at the five most notable performances of Roberts' long and illustrious career:

Erin Brockovich (2000)
The title may have seemed like a head-scratcher at the time but there was no mistaking Roberts' dominance in taking on the true story of a trash-talking environmental crusader. This is the role that earned her a well-deserved Academy Award for best actress.

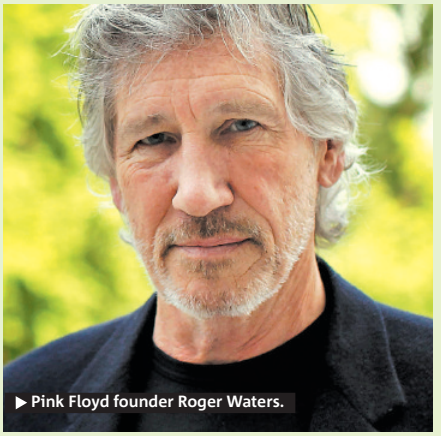
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Pretty Woman (1990)
This movie could not come out today — not without a shred of irony. But 20 years ago, it asked us to accept not only that a prostitute could walk the streets of Los Angeles looking like Julia Roberts, but that she'd also turn out to be charming and poised enough to accompany a wealthy businessman to high-pressure society events. Nevertheless, Roberts made it work in the performance that made her a superstar.

Steel Magnolias (1989)
She was pretty much an unknown at this point but she stole the spotlight away from much more seasoned actresses, including Sally Field as her mother and the scenery-chewing Olympia Dukakis and Shirley MacLaine as a couple of bickering biddies. It was a performance that helped put her on the map and led to an Oscar nomination for best supporting actress.

Closer (2004)
A rare chance for Roberts to show an ugly side. Roberts played a photographer who winds up in various romantic permutations with Jude Law and Clive Owen, and the scene in which Owen confronts her about an infidelity is devastating.

Duplicity (2009)
Roberts and Owen reteamed for a little more fun this time. They enjoyed a delightful chemistry as former spies and on-again, off-again lovers who scheme to steal millions of dollars from the corporate behemoths that employ them. THE CANADIAN PRESS


▶ Pink Floyd founder Roger Waters.

Wall song a tool for protest: Waters

Pink Floyd founder Roger Waters has no qualms about giving a Canadian band permission to tinker with his band's classic Another Brick in the Wall for use as an anthem for young Iranians.

Toronto-based band Blurred Vision, fronted by two exiled Iranian brothers, has reworked the lyrics to express the resentment felt by young people toward the government of Iran, where it's illegal to play rock music. One well-known verse was changed to "Hey, Ayatollah, leave those kids alone!"

Waters said he encourages artists to use the song to resist all forms of oppression. He said in a statement that he sees the band as playing a vital part in "the resistance to a regime that is both repressive and brutal."

Waters took time from rehearsing for his upcoming world tour to address the issue.

"I applauded and supported the resistance of schoolchildren in South Africa to that repressive and brutal regime," he said, "and also applaud and support the resistance of Palestinian children in Gaza and the West Bank to the repressive and brutal occupation they endure."

The Blurred Vision brothers — 28-year-old Sepp and 35-year-old Sohl — hope the song will show solidarity for Iranians fighting for freedom. The brothers do not make their last name public because of concern for the well-being of family members in Iran.

The video for the song includes footage from the 2009 Iranian presidential election. Many Iranians feel the footage was altered for television by the government's cleric leadership. The video, directed by acclaimed filmmaker Babak Payami, has been seen by more than 235,000 viewers on YouTube.

Waters begins his tour of The Wall in Toronto on Sept. 15. Another Brick in the Wall is from that classic 1979 album.

THE CANADIAN PRESS

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A triumph of Americana folk rock

John Mellencamp
Album: No Better Than This
Label: Rounder
●●●●½

John Mellencamp has been telling us for years that he doesn't want to be a rock star anymore. Just in case you didn't get the message with his raw 2008 release Life, Death, Love and Freedom, he's now served up No Better Than This — an album that proudly proclaims "recorded in mono" on its jacket. It sounds like it fell off the back of a chuck wagon steered by geezer twins Willie Nelson and Bob Dylan — which in many ways it was. Mellencamp recorded it off a single microphone while touring minor league baseball parks with the two legendary songwriters. He even taped one track — Right Behind Me — in the same San Antonio hotel room that Robert Johnson recorded Cross Road Blues. The end result, pieced together by producer T-Bone Burnett, is a lo-fi triumph of Americana folk rock a la Johnny Cash, John Prine or Steve Earle. The voice is ragged but the title track's message is starkly clear — eat up life now cuz there ain't no seconds. It may be a bit jaded, even a tad cynical, but, at 59, Mellencamp can do as he pleases. Rock stars come and go. Great songs never die.
Outstanding track: Save Some Time to Dream
● GRAHAM ROCKINGHAM

Liz Phair
Album: Funstyle
Label: Independent
●●

Tell us what you think at metronews.ca/scene

It's hard to know what to make of Liz Phair's latest. In some ways it's her most adventurous and risky album since abandoning her indie rock roots in 2003. But it's also incredibly annoying. A good chunk of the album is her doing weird experimental hip-hop-like skits. Bollywood is a cringe inducing sort-of rap that sees her talking to her agent, U Hate It is has two label execs talking about how much they hate her new song; it's also nearly impossible to listen to. She gets credit for trying something out of left field — something she hasn't done in years — but she should have gotten creative with the actual songs, which are as bland as ever.
Outstanding track: Bang, Bang. ● BRYAN BORZYKOWSKI



Scott Pilgrim Vs. The World
Album: Original Motion Picture Soundtrack
Label: ABKCO/Universal
●●●



Rarely does a soundtrack warrant a listen anymore, but Scott Pilgrim Vs. The World is full of curiosities. There is the requisite filler, but this is boosted by Beck and hometown boys Broken Social Scene, who have assumed the guise of bands from the film. As Sex Bob-Omb (Pilgrim's band in the film), Beck embraces his old slacker self with some amateurish garage punk, while BSS try sludgy hardcore as Crash and the Boys. It's all good fun.
Outstanding track: Scott Pilgrim. ● CAM LINDSAY

Hawksley Workman
Album: Milk
Label: Isadora
●●



Hawksley Workman's never shied away from exploring new sounds, but it doesn't always work. On Milk, his electro-pop experiment that he already released digitally on his website, is a major disappointment. Besides the amped up rock track We Dance to Yesterday — one of the singer's best songs — the rest of the album is extremely difficult to listen to.
Outstanding track: We Dance to Yesterday.
● BRYAN BORZYKOWSKI



You oughta know: Alanis is pregnant

REED SAXON/THE CANADIAN PRESS



That is going to be one angry, musical child.

Ottawa-born Morissette takes to Twitter to announce that she and husband Souleye are expecting

Alanis Morissette and new husband Mario Treadway are expecting a baby.

The Ottawa singer announced the news via Twitter after discussing the pregnancy in Us magazine. "yes, happy news....i'm pregnant :)," Morissette wrote on the social networking site yesterday morning. "we're so excited to start our family.... xo a."

Morissette married Treadway, who performs as a singer and rapper under the name Souleye, in May.

The 36-year-old Morissette has sold more than 60 million albums and has won seven Grammy Awards and 12 Junos.

She was previously engaged to fellow Canadian actor Ryan Reynolds – their relationship lasted for four years until both went their separate ways in 2006.

THE ASSOCIATED PRESS

Talking points

Boy George sniffs over Gaga's coke admission

DRUGS AREN'T COOL, KIDS. NEITHER ARE ARTISTS WHO USE THEM AS THINLY-VEILED PUBLICITY PLOYS. Boy George isn't impressed with Lady Gaga's admission to Vanity Fair magazine that she uses cocaine occasionally. "Could it be that her use of coke is not so 'occasional'?" he writes in a blog post for Paper magazine. "As a recovering addict who knows how dangerous 'occasional' use is, I can think of no reason for Gaga to reveal this to her young audience. My mum had the best take on this: 'She's reached the stage where she feels untouchable. You all get there — you did, Son.' I can't argue with that!"

METRO WORLD NEWS



Celebrity tweets



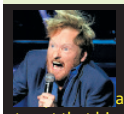
Drake Bell [@Drake-Bell] Boarding a plane to Nicaragua. It's gonna be a long flight!



Queen Rania [@Queen-Rania] Discovering more of italy's treasures. 1st Stromboli, & just climbed Vulcano. Gorgeous backdrops 4 precious time with my kids.



Alyssa Milano [@Alyssa-Milano] You know what I love? I love how excited my dogs get about their dinner even though it's always the same dinner.



Conan O'Brien [@Co-nanOBrien] asked me to tweet that his movie Cemetery Junction is playing at Mann Theatre in Glendale. I refuse



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From (size) zero to six: How curves saved Paige's denim career

Former model and anorexic shares her story about weight and acceptance ● Today, her 'proper fit' denim is one of the most sought-after brands in Hollywood

JORDANA DIVON
FOR METRO CANADA

Paige Adams-Geller has a surprising message for fans of her eponymous denim line: Thin isn't necessarily in.

The L.A.-based former model and pageant queen says she spent years battling anorexia to fit the industry standard, but it was only after she recovered to a healthy weight that her career took off.

"When I went to treatment (for anorexia), I gained weight quickly, and it was a very scary feeling because you don't know when it's going to stop," she recalls.

"But that's when I met the guys from Lucky Brand Jeans, who told me I had the perfect proportions for their line. And it was such an unusual feeling to be rewarded for being fuller and more curvy."

As a size 6, Adams-Geller's curves filled out the jeans much better than her size 0 counterparts. In fact, she looked so good in denim that she quickly became the most sought after fit model in a town of tiny tushes.

"Going in and trying on these jeans and having them feel great and look great was a new experience for me," she says. "And if I started to get too skinny, I wouldn't get paid – so I had to keep my weight up and that's when I learned to finally appreciate that I looked healthier and felt better."



"I think that fit never goes out of style no matter what you're doing in a line... a great-fitting article of clothing is the most important thing"
PAIGE ADAMS-GELLER, PAIGE DESIGNER

With years of experience under her custom leather belt, Adams-Geller managed to incorporate all she'd learned into a science: The science of fit.

By 2005, the newly minted designer debuted Paige Denim to a public ravenous for proper-fitting jeans. A book and a website specifically designed to match body type to the right cut followed soon after.

"I think that fit never goes out of style no matter what you're doing in a line. I could do denim, non-denim, jackets, gowns, and to find a great-fitting article of clothing is the most important thing," she says.

While her brand has taken off amongst young Hollywood celebrities, Adams-Geller wants her clients to know that her jeans are meant to fit everyone. She even makes a point of sending models back to their agencies if they're too skinny.

"You're supposed to fill out jeans, you're not supposed to have a saggy butt!" she says with a laugh. "So it's been interesting trying to get that message out there while finding a hip, cool model that's not plus size but looks great in the jeans."

For more information, check out paigeusa.com.



▶ Paige Adams-Geller designs jeans for women of all sizes. She has even sent back models she feels are too skinny.

Perfecting the fit

First thing's first: Stop obsessing over the number sewn into your pants. "People can be fixated on sizes and there's no set standard in the industry for what a size is," designer Paige Adams-Geller advises. "So if you put something on that you think is your size and it's too small, all of a sudden the tape starts running in your head: 'Oh my god, did I gain weight?' And you start freaking out that maybe you shouldn't be trying on jeans that day." Instead, ignore the double digits and focus on how the pants look on your body.

- **Crack is wack:** Ladies and gentlemen, have a seat. "I think that one of the biggest mistake people make is to not do the sit-down test. Put a pair of jeans on in the dressing room and maybe they look fabulous standing in them, and then they sit down and they have the butt cleavage. And I always say no to crack."
- **Loose Cannon:** On the other hand, too much give isn't good either. "Many times women will buy jeans that are too loose. Most jeans will tend to grow a bit, so you need to walk around in them, bend, flex, because the jean might grow half a size and you don't want your it to look dumpy if it's a tight style."
- **Know your stuff:** A basic idea of what you're looking for can make all the difference, says Adams-Geller. So before you wander blindly into a store, figure out if you're looking for a pair of casual day-to-day pants, or something that could work for going out at night. JORDANA DIVON



3 life

News in brief



NARS Cosmetics introduces two new compact palettes for fall — Beautiful Life for lips and cheeks ($65) (pictured); and Only You for eyes and cheeks ($75). Both palettes will be available at Holt Renfrew, The Bay and Murale locations.
METRO



Levi's aims to talk about shape, not size with new Curve ID denim line for women.

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

Nursery time

Create a nurturing oasis for your precious new addition by customizing your baby's room to your taste and needs

When it comes to planning a nursery, even the most "design-impaired" people end up enjoying it. And with today's vast array of baby furniture and accessories, don't be afraid to go bold.

According to interior designer Erin Feasby, co-owner of Toronto-based design firm Feasby & Bleeks Design, after years of being very one-dimensional, nurseries are returning to the "full-on decorated" look.

"From custom lampshades, use of trim on furnishings, original art and lots of details, it's really an opportunity to show some personality and have more fun than you might with your everyday rooms," she says.

Feasby points out that choosing a motif when beginning to plan your nursery — be it nautical, animal, fairy — can help guide you when putting the room together. "Find either a fabric you love, or carpet or bedding — it could even be a great piece of art — and use that as a fun jumping off point," she advises.

As for colours, Feasby says many parents are also turning to bolder colours including faded black, medium and charcoal grays, chocolate brown, navy with added hits of yellow, orange or red, rather than the traditional pastel pinks and blues.

When it comes to which items to splurge on, Michelle Schmidt, who co-owns Richmond Hill Ont. baby boutique Belly Bumps and Babies with her husband Scott, says without a doubt, it's the crib.

Not only is the safety and comfort of your baby a huge factor, but Schmidt says many cribs these days, like the eco-friendly Oeuf ones she carries, convert into toddler beds, providing longevity for parents who want to invest in quality furniture.

Both Schmidt and Feasby agree that drapes are one must-have design element in a nursery that many parents are turning to these days. "We actually try and find fabric that is not necessarily suited for a baby, but is just fun."


1


2


3


4


5


6



7

1 PI ' LO, $54
Add an ethereal element to your little angel's nursery with a handmade 11 x 14" canvas with stenciled words and sewn objects to hang beside the crib. pilo.ca.

2 OEUF, $890
Their classic crib's modern design is sturdy, safe and available in birch or walnut non-toxic water-based finishes. The best part: it converts into a toddler bed. nyc.com

3 ANTHROPOLOGIE, $78-298
Add a touch of fantasy to your little dreamer's room with this Dream Menagerie rug. anthropologie.com.

4 DWELL STUDIO, $124
This playful elephant bookshelf in lemon makes reading all the more fun for little ones. dwellstudio.com.

5 POTTERY BARN KIDS, $115-149
Made especially for toddlers learning to walk, these soft, cosy chairs add a grown-up element to a wee one's room. potterybarnkids.com.

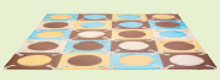
6 DWELL STUDIO, $360
The Owls Sky Crib Set is just one of an array of whimsical designs to liven up any nursery. dwellstudio.com

7 POTTERY BARN KIDS, $54-69
Add a touch of old-school charm to your nursery with personalized stepping stools. potterybarnkids.com.

8 ANTHROPOLOGIE, $14
Get your kids learning their ABC's with this Pinwale Alphabet in corduroy that can make economical wall art in any nursery. anthropologie.com

9 SKIP HOP, $98
Playspot interlocking foam tiles can be placed anywhere to create a safe (they're free of BPA, Phthalate and PVC) and soft floor surface for baby to play. skiphop.com.


8


9





So many options to make a great salad

Garden Greens explores that wide variety of ways to add more veggies to your diet No more limp iceberg lettuce with bland dressings!

THE CANADIAN PRESS



Cranberry Brie Salad.

Cranberry Brie Salad

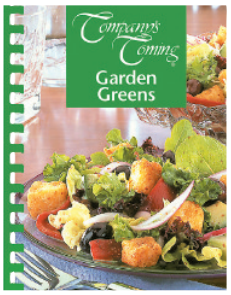
Ingredients:
1/2 cup dried cranberries
1/4 cup port wine
4 oz brie, chopped
Head of butter lettuce
2/3 cup seasoned croutons
Cranberry Dressing
2 tbsp olive or cooking oil
2 tbsp cranberry cocktail or orange juice
1 tbsp basil pesto
1 tbsp red wine vinegar

Mix cranberries and port. Let stand for 1 hour. Drain. Discard port. Mix cranberries, cheese, lettuce and croutons. Toss. Combine oil, juice, pesto and vinegar. Shake well. Drizzle dressing over lettuce mixture. Toss.

Ah, summertime and thoughts turn to the harvest and consumption of fresh produce. And what better way to enjoy a variety of seasonal items than in a salad.

Jean Pare, author of the prolific Company's Coming series, says the home cook has umpteen choices with salads, depending on how the ingredients are combined and styled. That is abundantly apparent in her cookbook Garden Greens.

Gone are the days when salads were a few pieces of limp iceberg lettuce garnished with tasteless tomato wedges. Now, salads are fun, flavourful and versatile, Pare writes.



"You can arrange a salad, you can arrange it on the plates or put it on lettuce and arrange the different ingredients all around or drizzle a little dressing on top," Pare said in an interview from Edmonton.

"Or if you want to be really fancy you can make a layered salad. But to make it show up the best you need a glass bowl for it and you can see the layers."

A salad can even be a meal with the addition of meat, chicken, fish or beans, she suggests. "You just add some garlic bread or cheese bread or fresh biscuits to round it out."

Pare says you can also put your greens in soup. She includes a section in the book for various hot and cold creations.

A nice touch in the book is a glossary that explains various types of lettuce and such other ingredients as okra, fiddleheads and Chinese broccoli for the uninitiated.

THE CANADIAN PRESS

MidEast food with a Prairie twist

TORSTAR NEWS SERVICES



Red Lentil Soup With Mini Bison Meatballs.

Toronto writer Habeeb Salloum, the son of Syrian homesteaders, didn't eat bison while he was growing up in Saskatchewan.

But when he realized the majestic animal was making a comeback, thanks to North American ranchers, he decided it was time for a new cookbook.

Bison Delights: Middle Eastern Cuisine, Western Style is Salloum's first book since 2005's award-winning Arab Cooking on a Saskatchewan Homestead.

The prolific freelancer has adapted more than 100 Arab recipes, mainly using ground bison and steak.

The recipe: Salloum calls this Shawrabat 'Adas or Iraqi-Style Lentil Soup. He says it's often served during Ramadan (the Muslim month of fasting), which began Wednesday, Aug. 11. I've adapted it slightly by doubling the meatballs.

Preparation:

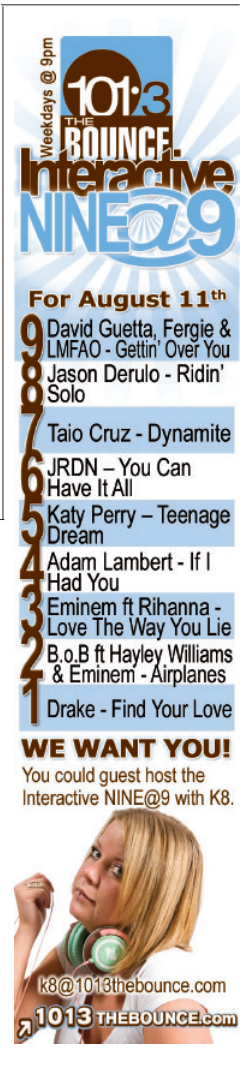
1. In large saucepan, combine lentils and water. Bring to boil over high heat. Reduce heat to medium-low; cover. Cook 40 minutes or until lentils turn mushy.
2. Meanwhile, heat 2 tbsp (30 mL) oil in large skillet over medium. Add onion. Cook, stirring, until golden, about 10 minutes. Transfer to bowl.
3. In mixing bowl, combine bison, garlic, 1 tsp (5 mL) salt, 1 tsp (5 mL) pepper and 1 tsp (5 mL) coriander. Form by the teaspoonful into marble-sized balls.
4. Heat remaining 2 tbsp (30 mL) oil in same skillet over medium-high. Add meatballs. Cook, stirring or shaking pan, until browned all over, about 8 minutes.
5. To lentils in saucepan, add onions, meatballs, remaining 1 tsp (5 mL) salt, remaining 1 tsp (5 mL) pepper and remaining 1/2 tsp (2 mL) coriander, cumin and turmeric. Cook over medium-low heat 10 minutes. Stir in lemon juice.

TORSTAR NEWS SERVICE

Ingredients :

- 1 cup dried split red lentils
- 8 cups (2L) water
- 4 tbsp (60 mL) vegetable oil, divided
- 1 large yellow onion, finely chopped
- 1 lb (450 g) ground bison
- 4 cloves garlic, minced
- 2 tsp (10 mL) each: salt, black pepper, divided
- 1-1/2 tsp (7 mL) ground coriander, divided
- 1 tsp (5 mL) ground cumin
- 1/2 tsp (2 mL) turmeric
- 2 tbsp (30 mL) fresh lemon juice





JiXiang delivers some hot and spicy dishes

VALERIE MANSOUR/FOR METRO HALIFAX



▶ Twice Cooked Pork.

Don't miss out on the Gong Bao Chicken Great service, big servings

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

You have to love a server who means hot when she says hot. At JiXiang — in the former China Classic space — the spicy Szechwan-style dishes are loaded with chili peppers.

We try several selections including a lunch combo of Gong Bao Chicken, steamed rice and an eggroll. The eggroll is tasty but the Gong Bao is excellent — chunks of tender meat mixed with red and green peppers, onions, peanuts and tofu – living up to its promise as a spicy dish.

Hot and Sour Soup is steaming hot and rich with flavour with egg, onion and tofu.

Mixed Vegetables include nicely cooked broccoli, red and green peppers, onions and corn. Twice Cooked Pork has a kick that lasts. The thinly sliced meat is tossed with peppers, onions, lemongrass and many little chiles.

The servings are generous, the service is excellent and the menu has many more tempting dishes for another day.

JiXiang Chinese Restaurant
6311 Quinpool Rd, 429-2828
Rating: 4 out of 5
Price range: $$$
Low $: Small Soup $3.95
High $: Steamed Fish $18.95

Spicy Garlic Lemon Shrimp



▶ A tasty appetizer option.

Yields 6

Ingredients :

- 1 tbsp (15 ml) olive oil
- 1 clove garlic, crushed
- 1/2 tsp (2 ml) dried crushed chili
- 1/2 tsp (2 ml) cumin
- 1/2 tsp (2 ml) paprika
- 1/2 lemon, juiced
- 1 tbsp (15 ml) chopped fresh parsley
- 1/2 tbsp (7 ml) sherry
- 12 jumbo tiger shrimp, peeled and deveined
- 6 bamboo skewers, soaked
- Salt and pepper, to taste

Easy and breezy! Tapas-style shrimp skewers will make an excellent addition to your summertime outdoor party menu.

Preparation:

1. In a medium bowl, add oil, garlic, chili, cumin, paprika, lemon juice, parsley and sherry and mix to combine. Add shrimp to marinade and toss to coat. Cover and place in fridge for 30 minutes or up to one day.
2. Thread 2 shrimp onto each skewer and season with salt and pepper. Heat barbecue to high, then place shrimp skewers on the grill and cook for 2 to 3 minutes per side. Once fully cooked, remove shrimp skewers from heat and serve.

THE CANADIAN PRESS



Frk still in limbo as camp looms

Draft pick's Czech team insists he must honour remainder of contract



MATTHEW WUEST
@METRONEWS.CA

Martin Frk wants to play for the Halifax Mooseheads, but whether he'll be allowed to remains up in the air. And when it will be resolved is anyone's guess.

With training camp set to begin in less than a week, the International Ice Hockey Federation has yet to grant the 16-year-old left-winger the International Transfer Card he requires to join the Mooseheads at Cole Harbour Place.

Frk, who the Mooseheads selected third overall in June's Canadian Hockey League import draft, has a valid and binding contract with HC Karlovy Vary of the Czech ExtraLiga, according to QMJHL spokesman Karl Jahnke.

"He needs to get a release from his club to be able to play in the CHL," said Jahnke, adding there has been "no word on a release from the IIHF, if it's even possible at this point."

Although Frk is currently in Montreal training with Octagon Hockey Agency and plans to travel to Halifax this weekend, Karlovy Vary general manager Miroslav Vanek recently released a statement on his club's website indicating he has taken steps with the IIHF to ensure Frk complies with his contract, which is valid through April 2013.

The Frk file



QMJHL vice-president Marcel Patenaude, Russell's predecessor as Mooseheads GM, is dealing with the Frk dispute from the league's side of things, according to spokesman Karl Jahnke.

- **Recent history** When Salavat Yulaev disputed Kirill Kabanov's transfer to the Moncton Wildcats last season, the situation wasn't resolved until October. The IIHF ruled he didn't have a valid contract in Russia and let him join the Wildcats.
- **What's at stake** The Mooseheads compare Frk to Cam Neely. He had 56 points and 184 penalty minutes in 39 games at the Czech under-20 level last season and starred at the IIHF world under-18 championships in April.

RYAN TAPLIN/METRO HALIFAX FILE PHOTO



▶ The Halifax Mooseheads are hoping Martin Frk will help them avoid more scenes like this in 2010-11.

Top seeds win at Nova Scotia Open

The top seeds continued to cruise along in men's open singles quarter-final action at the Bell and Grant Nova Scotia Open tennis tournament yesterday.

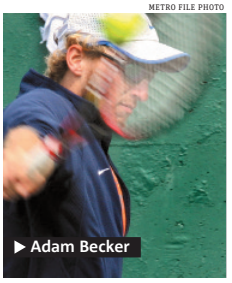
No. 1-ranked Adam Becker, who won the tournament in 2008, survived a tough test from Justin McDonough with a narrow 7-5, 7-6 (9-7) victory at the Waegwoltic Club in Halifax.

Phil Anderson, seeded second and the 2005 champion, knocked off Robbie Weatherston in straight sets, 6-4, 6-1.

Becker faces Geoff Learmonth in one semifinal today while Anderson faces Travis McDonough in the other.

METRO HALIFAX

METRO FILE PHOTO



▶ Adam Becker

Sports in brief



Shepherd lights up China

BASKETBALL. Former Halifax Rainmen small forward Jevohn Shepherd knocked down 16 points in 20 minutes for the Canadian national team on Tuesday night in a 86-62 exhibition win over China in Vancouver.

METRO HALIFAX

Sailing event coming to town

SAILING. The Canadian J/24 sailing championships will be held starting next Wednesday at the Royal Nova Scotia Yacht Squadron in Halifax. The four-day event concludes on Saturday with the closing ceremonies.

METRO HALIFAX

4 sports

Up and down

Diego Maradona
The former Argentina coach has job offers from two clubs in Brazil and a national team in Europe, his assistant says.





David Beckham
The 35-year-old's record-setting England career appears to be over after coach Fabio Capello indicated yesterday the midfielder is too old.

Scan code for more sports

Sports in brief

Woods no lock for Ryder Cup

GOLF. There's still no guarantee Tiger Woods will be in Wales for the Ryder Cup.

U.S. captain Corey Pavin would only say yesterday that the world's No. 1 player is high on his list as a wild-card pick if Woods doesn't qualify after the PGA Championship.

Pavin says a Golf Channel report that quoted him as saying he would pick Woods because he's the best player in the world was wrong.

Pacers land guard in deal

NBA. The Indiana Pacers have acquired point guard Darren Collison and forward James Posey from New Orleans in a four-way trade that also includes New Jersey and Houston.

The Pacers also announced yesterday they have dealt Troy Murphy to the Nets.

THE ASSOCIATED PRESS

FRANK GUNN/THE CANADIAN PRESS



▶ Rafael Nadal hammers a forehand to Stanislas Wawrinka yesterday.

Nadal has to work for win

Swiss challenger forces world's No. 1 player into first-set tie breaker ◐ Murray, Djokovic also win

Rafael Nadal stood out under overcast skies with a fluorescent pink shirt and a headband that glowed under the lights, but the world's top-ranked tennis player had to work hard to distinguish himself against his first opponent at the Rogers Cup last night.

The 24-year-old wrestled through a marathon first set tiebreak before he was finally able to shake Swiss challenger Stanislas Wawrinka with a 7-6, 6-3 win on centre court at Rexall Place.

Several of the other big names entered in the $2.43-million US event had already secured passage to the next round at York University. Novak Djokovic overcame struggles with the intense afternoon heat to earn a 7-5, 7-5 win over France's Julien Benneteau.

Britain's Andy Murray began his quest for a second straight title in Canada with a 7-5, 6-2 win over Belgian Xavier Malisse in a late afternoon game. Russian Nikolay Davydenko rolled to a 7-5, 6-1 win over Italian Fabio Fognini in one of the other early matches.

"I feel good," Murray said. "Today could have been a little bit better from the start, but the first one's tough and I was playing against a very good player."

Nadal arrived in Toronto in the midst of a season he aptly described as being "more than a dream," having acquired the French Open and Wimbledon titles among five tournament victories on the ATP World Tour.

He proclaimed himself to be in fine physical fitness, with no concern for his meddlesome knees as he sought to recapture a title he last won two years ago.

THE CANADIAN PRESS

Red Sox dominate Blue Jays

10	1
RED SOX	BLUE JAYS

The Boston Red Sox are proving to be quite the killjoy for the Toronto Blue Jays, who continue to look lost against a team that bedevils them like no other.

Shaun Marcum, who has traditionally pitched well against the Beantowners, buried his team early by getting pounded for season-highs of four homers and eight earned runs, while the offence was helpless against a dominant Clay Buchholz in a 10-1 thumping yesterday.

Adam Lind had three hits but otherwise there were very few positives to speak of for the Blue Jays (59-54), who fell to 2-9 this season against the Red Sox (66-49) while squandering more of the optimism and excitement created by their recent strong play.

They won't have long to lick their wounds, as the series finale goes this afternoon. Rookie Brad Mills will try to help the Jays avoid a three-game sweep against John Lackey.

Marcum (10-6) came in 5-2 with a 2.91 earned-run average in 13 career outings versus Boston but struggled with his location from the get-go and eventually cracked during a five-run fifth that blew things open.

THE CANADIAN PRESS

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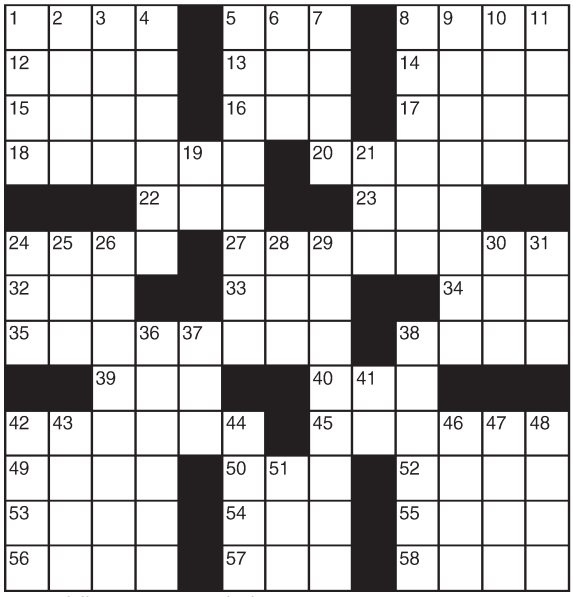
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Crossword



Across

1. Rum cake
5. Romaine's other name
8. "Hey, you!"
12. Unyielding
13. Hooter
14. Blue hue
15. Decree
16. Grazing area
17. Litter's littlest
18. Bluebeard's last wife
20. Face
22. Tuna container
23. Inmate
24. Cupid's alias
27. Relied (on)
32. Wire measure
33. Tokyo's old name
34. Mess up
35. Rainbow
38. Quarry
39. "Eureka!"
40. Piercing tool
42. Movie industry
45. Equine comments
49. Took the bus
50. Affirmative action?
52. Pennsylvania port
53. Basin accessory
54. Prior night
55. Astronaut Sally
56. Cautious
57. Simple card game
58. Dance move

Down

1. "Death of a Salesman" son
2. Met melody
3. Gravy vessel
4. Shenanigans
5. Sieve
6. Have bills
7. Serb or Bulgar
8. Clergyman
9. Waste
10. Crooned
11. London gallery
19. Mother
21. Lemieux milieu
24. Type measures
25. Tear
26. Poisonous shrub
28. School's Web suffix
29. Sachet
30. Prior to
31. Parched
36. Jovial
37. Highlander's hat
38. Electrician's tool
41. Lindbergh book
42. Squad
43. Davenport site
44. Over again
46. Sand
47. Stash
48. Leak slowly
51. Eggs

▶ Yesterday's answer

A	S	P	S	■	E	T	A	■	L	E	V	I
M	E	A	T	■	M	A	P	■	E	X	I	T
E	X	P	O	S	U	R	E	■	A	P	S	E
N	Y	A	L	A	■	■	R	E	D	E	E	M
■	■	■	E	G	G	S	■	L	S	D	■	■
M	I	E	N	■	A	L	G	A	■	I	O	N
P	O	X	■	S	P	A	I	N	■	T	W	O
H	U	P	■	K	E	Y	S	■	B	E	L	T
■	■	I	C	Y	■	S	T	A	Y	■	■	■
C	R	A	Z	E	D	■	■	L	L	A	M	A
R	I	T	A	■	E	X	P	L	I	C	I	T
E	V	E	R	■	M	I	R	■	N	E	R	O
W	E	D	S	■	I	V	Y	■	E	D	A	M

Sudoku

		2	1		3			
	3					1	4	
1	4				7	9		
6		4	7				8	
				6				
	9				5	2		3
		9	8				7	5
	5	7					2	
			5		2	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	6	3	8	5	2	9	7
7	9	5	4	6	2	3	1	8
3	6	2	7	5	4	9	8	1
9	5	8	6	2	1	4	7	3
1	4	7	8	3	9	5	2	6
5	2	4	1	7	3	8	6	9
8	7	9	2	4	6	1	3	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Lisa, we hope you find much joy in your new life as a teacher. We're going to miss you terribly. Call us if you need a friend to talk to. Love from **ALL THE GANG AT CNIB**

Isaiah & Ella, I love you both so much and I'm so proud of you! Always know that you are dearly loved and that I will always be here for you 100%. Love **YOUR MOMMY XOXO**

Todd, to the wonderful man I married 5 years ago happy anniversary to a lifetime of happiness, love and laughter. I love you, **YOUR WIFE DIANE**

"To my JUICEMAN!: Happy anniversay, you're the best boyfriend in the world! Thanks for making me laugh everyday. **XOXO MONKEYTOES**

The Weather Network
TWN incorporates MSC data

Today	Friday	Saturday
Variable	Mainly sunny	Mainly sunny
21° / 11°	23° / 13°	25° / 14°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20
Don't let people get away with statements which are clearly untrue. You can tell the difference between fact and fiction and you see it as your duty to point out errors.

♉ Taurus April 21-May 21 You want to break into the big time but you don't want to break your back in the process. The good news is the planets are about to reveal a way you can move up painlessly.

♊ Gemini May 22-June 21
Other people will always make things difficult for you one way or the other, but you don't have to make things difficult for yourself. Whatever is the easiest route to your goal is the route you must take.

♋ Cancer June 22-July 22 You may be having a pleasant time at the moment but some of the people you care for don't seem so lucky, so make it your business to cheer them up.

♌ Leo July 23-Aug.23 The answer to a personal problem is really quite obvious but you seem determined not to see it. If a loved one tried to discuss the issue with you today don't put them off.

♍ Virgo Aug. 24- Sept. 22
Today's quite positive cosmic influences suggest that if you look at a dilemma with your eyes open and with a determination to deal with it once and for all you won't be in a tight spot for long. Is there an alternative?

♎ Libra Sept. 23-Oct. 23 Saturn in your sign endows you with a winning combination of ambition and staying power. So what is the one thing you dream of achieve above all other things? It's possible for you right now.

♏ Scorpio Oct. 24-Nov. 22 Is your glass half full or half empty? Is the situation you are confronted with an opportunity or a setback? How you choose to look at your life is how your life will be.

♐ Sagittarius Nov. 23-Dec. 21 It may be frustrating that others aren't as forward-looking but that's just the way it is. The more cautious they are the more opportunities there will be for you.

♑ Capricorn Dec. 22-Jan. 20
You never like it when others challenge your authority and with your ruler Saturn moving through the career area of your chart you can expect to be challenged on a regular basis.

♒ Aquarius Jan. 21-Feb. 18
There is no copyright on ideas and if you think you might benefit from someone else's insight or inspiration then by all means go for it.

♓ Pisces Feb. 19-March 20
Your life has become much too cluttered of late. A clearout is needed. Get rid of everything – yes, everything – that does not fulfill a useful purpose in your life.

SALLY BROMPTON

AP PHOTO

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JEFFREY PHELPS/AP PHOTO



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